

Platinum #4

Involve families and the community in completing Gold Medal Schools' criteria.



Definition: Provide a program for students to involve their families and community with GMS criteria and other physical activity and good nutrition programs. To meet this criterion a majority of parents must be involved or invited to participate.

Rationale: Involving family in school activities is important. The research is undisputable. The more a parent is involved in their children's education the more successful the child will be.¹ Involving families and the community in Gold Medal Schools is a great way for your school to reach out to students and parents to build a bond between school and home.

1. Diane Mierzwik. Quick and Easy Ways to Connect with students and their parents, grades K-8: improving student achievement through parent involvement. Pg. 135

Resources

GMS Criteria

Local Health Department

Assignments

School Coordinator Assignments

- Determine how to involve families and the community
- Develop a way to tell faculty, families, and communities about the program
- Promote the program and make it fun!

Mentor Assignments

- Provide and assist school coordinator with involvement ideas
- Create an invitation for families and communities to help increase involvement
- Write a description for the mid-year and end-year reports

Platinum #4 Ideas

- Have parents check or initial a chart/form when students walk extra Gold Medal Miles outside of school hours
- Allow students to earn points or recognition for involving their family in 30 minutes of physical activity (walking together as a family, ski trip, family hike, etc.)
- With the help of the mentor, provide a monthly/quarterly health newsletter to parents
 - Topics may include reports on GMS events, health facts, ways parents can improve their children's health at home, etc.
- Invite the community/neighborhood to a Gold Medal Mile kick-off assembly; everyone can walk the mile together
- Encourage community to participate in U.S. Track & Field's Race Walking; contact Floyd Ormsby at 801-277-2941 (wk)
- Invite the community to use school gym facilities before or after regular school hours; post a calendar of "open gym" times on the front door or let the local newspaper know
- Let the community know about Gold Medal Schools by submitting an article to the local newspaper

Family and Community Involvement Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

The description must include...

- ❑ A description of how parents and community were involved with Gold Medal schools
 - Note: A majority of parents must be involved or invited to complete this criteria



Family and Community Involvement Description

Families were invited to the Gold Medal Schools Kick-Off Assembly where they learned about GMS. At the assembly, we announced the days and times the school would be walking the GMM and encouraged parents to join. Afterward, we walked the Gold Medal Mile around the outside of the school.

Approximately 500 students, teachers, and community members came to the kick-off assembly.

Families will also be invited to the end-year assembly where the GMS Award will be presented.